



## Brain

- ◆ Nicotine in tobacco first tells your body to speed up – making your heart beat faster. Then it tells your body to slow down – making you feel depressed. (Talk about brain confusion!)

## Eyes & Ears

- ◆ Smoking can cause eye problems and even blindness.
- ◆ Studies show that smoking is also linked to hearing loss.

## Mouth & Teeth

- ◆ Tobacco makes your teeth yellow and gives you bad breath.
- ◆ It can also cause gum disease and mouth cancer.

## Throat

- ◆ Cigarettes, cigars & smokeless tobacco can cause cancer of the throat and larynx (voice box).

## Skin & Hair

- ◆ Smoking causes people to get wrinkles and gray hair at a younger age.

## Muscles & Joints

- ◆ Smoking keeps oxygen from getting to muscles, making you feel weak.
- ◆ It can also increase the risk of a serious & painful disease called rheumatoid arthritis.

## Lungs

- ◆ Tar (like the black gooey stuff used to pave roads) builds up in your lungs & causes cancer.
- ◆ Smoking can make you cough and is a major cause of bronchitis and emphysema.

## Heart

- ◆ The nicotine in cigarettes, cigars and smokeless tobacco narrows blood vessels. This forces your heart to work harder & raises blood pressure.
- ◆ Smoking can block arteries, causing heart attacks & strokes (blood clots in the brain).

## Other Organs

- ◆ Smoking increases the risk of cancer of the bladder, kidney, pancreas, stomach and reproductive organs.

For More Information Contact  
Family Connections PSUPP Program  
or Jennings County Tobacco Coalition  
Toll-Free 1-888-689-6363

# WORRIED ABOUT BIRD FLU?



*Don't  
Smoke*

Results show that smokers are more likely to die from Bird Flu or other Influenza than non-smokers.